WHAT TO BRING

You must bring insect/mosquito repellant. ❗❗

Help us reduce plastic waste at Forest Trek: Bring Your Own Water Bottle (BYOWB). Forest Trek water bottles are available for purchase at $2500 each.

Take a bottle of energy drink such as Lucozade, Gatorade, Powerade, etc.

Take power bars or energy bars, nuts, mints, sugar cane, or fruit. Chocolate or Coffee based snacks are not advised.

Lightweight jacket/sweater.

Day pack/light knapsack.

A change of blouse/shirt wrapped in a plastic bag.

Personal medication, including asthma pumps if required.

A lightweight raincoat.

Have any questions or queries? Please contact the Forest Trek Committee at (876) 618-3205, Extensions: 2096, 2030, 2011

CONTACT US

Forestry Department — Protecting our Forests; Sustaining Lives

FORESTRY DEPARTMENT'S

Hiker's Guide

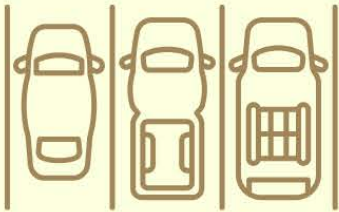## HOW TO PREPARE FOR FOREST TREK II 2024

📍 BOGUE II FOREST RESERVE, ST. ANN

DOS & DON'TS

- **Registration:** All participants will be required to collect their registration packages between **Wednesday, November 13 and Friday, November 16 (between 10 a.m. and 3:30 p.m.).**

- On Trek day, secured parking will be provided free of charge by the Forestry Department at the **Immaculate Conception High School** for individuals and groups with the transportation-included option. Hikers must gather at the checkpoint located in the parking area at **6:00 a.m**. At the checkpoint, participants will be boarded on buses and dispatched to Bogue II Forest Reserve.

  Individuals and groups providing their own transportation will meet at the **old Dunn's River Parking Lot at 7:30 a.m.** Secured parking will be provided.

DOS & DON'TS

- Continue your fitness training. Remember the Trek is rated 6 and requires that you must be reasonably fit.

- **LEAVE VALUABLES** such as jewellery at home.

- **DO NOT LITTER.** Please use the garbage bags and bins provided along the trail and at the lunch spot.

- **DO NOT REMOVE** any plants or vegetation along the trail.

- If you have any medical problems such as respiratory illnesses, had recent surgery, or medical impediments which may impact your ability to participate in this hike, please consult your doctor before embarking on this hike.

- Travel light.

WHAT TO WEAR

- Wear a comfortable pair of hiking boots or sturdy walking shoes/sneakers. Suitable walking shoes include boots such as Timberlands or thick-bottomed sneakers that provide ankle support and grip. Slippers, Crocs or hiking sandals are not allowed. Ensure you wear shoes that are the right size for you. Ensure toenails are at a comfortable length to prevent rubbing inside of your shoe.

- Bring/wear a hat or umbrella to cover your head in case of rain or excessive heat.

- Wear a short or long-sleeved shirt/blouse. Shorts or Sleeveless tops are not advised as you will go through bushy areas.

- Wear thick socks.

- Wear comfortable underwear.

- Do not wear strong or overly sweet perfumes or colognes, which may attract insects.